

Meadowbrook



Winter 2007

Community Center, page 3
10517 35th Ave. NE • (206) 684-7522

Teen Annex, page 9
10750 30th Ave. NE • (206) 684-7523

Swimming Pool, page 17
10515 35th Ave. NE • (206) 684-4989



**SEATTLE PARKS
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SPARC

General Information

You can make a difference!

The Advisory Council is a group of citizens dedicated to the enrichment of our community. Its support enables us to offer a variety of programs and services for people of all ages, abilities and backgrounds.

Our Advisory Council is always looking for new members. Meetings are held on the second Thursday evening of every month, at 7:00 p.m., to talk about programs, policies, and financial issues. Citizen direction and participation are vital to our continued success. Advisory Council members also create scholarship opportunities through grant writing and other fundraising activities. If you'd like to get involved, please contact our staff.

Most classes, workshops, sports, and special events are funded through the Advisory Council rather than through Seattle Parks and Recreation. Revenues generated through program fees offset program costs to make Advisory Council activities self-sustaining. We rely heavily on program participation, donations, and contributions to buy, repair, maintain, and upgrade program equipment and supplies.

Mission

Seattle Parks and Recreation will work with all citizens to be good stewards of our environment, and to provide safe and welcoming opportunities to play, learn, contemplate, and build community.

E-brochures are available!

In keeping with our environmental stewardship policies, we're trying to reduce the amount of paper we use. We invite you to visit our web site at www.seattle.gov/parks. You can find this brochure information online.

Suggestions

We welcome your ideas. If you want to suggest a new class, or if you have an idea you think would benefit us or our community in general, please let us know.

Interested in teaching?

We're always looking for top quality instructors to offer unique courses. We choose class offerings based on participants' interest and space availability. If you have a special talent, skill, or knowledge you would like to share with others in a class or workshop format, please talk to a member of our staff.

Anti-discrimination

As a matter of policy, law, and commitment, Seattle Parks and Recreation does not discriminate on the basis of race, color, sex, marital status, sexual orientation, political ideology, age, creed, religion, ancestry, national origin, or the presence of any sensory, mental or physical handicap.

Accommodation for people with disabilities

We will make reasonable accommodation, upon request, for people with disabilities. For sign language interpretation, auxiliary aids or other accommodation, please call (206) 615-0140 or TDD (206) 684-4950. Please allow 10 working days' advance notice. If a class or activity is scheduled in an area not accessible for wheelchairs, we will make every effort to help you find a similar program in an accessible location.

Rentals

For information about room rentals, please view our facility rental guide.

More information

For information about Parks and Recreation facilities, recreation programs, picnic shelters, and scheduling, please visit our web site at www.seattle.gov/parks, or call our Public Information line, 206-684-

4075. For more information about programs for senior adults, please call 206-684-4951, and for information about programs for special populations, please call 206-684-4950.

Payment

You can pay for classes and other activities by mail, in person during regular facility hours, by telephone with a credit card, or online at www.seattle.gov/parks. We accept Visa, MasterCard and American Express. Please make checks and money orders out to the City of Seattle. PLEASE NOTE: Payment is due when you register, unless we have indicated otherwise. If your check is returned for insufficient funds, your registration will be cancelled until you pay the amount due, plus a \$20 fee. (Credit card or cash only.)

Fees and charges

Our Advisory Council provides the programs and activities listed in this brochure under an agreement with Seattle Parks and Recreation. Fees collected by the Advisory Council are used to offset the cost of providing the programs. Program charges include user fees paid to Seattle Parks and Recreation to defray operating costs. Class and program fees include Washington State sales tax where applicable.

Refunds

It is the policy of Seattle Parks and Recreation and the Associated Recreation Council that:

- Anyone who registers for a class, camp, special event or program that is cancelled for any reason by Parks and Recreation or the Advisory Council will receive a full refund.
- Anyone who registers for a day camp, trip, overnight camp, special event, or facility rental, and who requests a refund 14 days or more before its start (or before the second session of a class), may receive a refund minus a service charge.
- Anyone who registers for a day camp, trip, overnight camp, special event, or facility rental, and who withdraws from the activity fewer than 14 days before its start (or after the second session of a class), will receive no refund.
- Please request the entire policy, #7.16, for specific information.

Scholarships

Our Advisory Council wants to ensure that our activities, classes and sports are available to everyone, regardless of their ability to pay. The Council may choose to offer scholarships for qualified applicants. To apply for a scholarship, please talk to a member of our staff.

Waiting lists

We will create waiting lists for all filled classes. Please be sure to sign up if you are interested in a class that is full, because class openings often become available. If demand is high, we will try to form another class. Please contact us for space availability.

Class cancellations

To cover the cost of providing a program, we need a specific number of participants. If too few people sign up for a class, we must cancel it. We'll notify you (at the latest) one or two days before the class start date. When possible, we will postpone a cancelled class for a week to allow for more enrollments; if the class minimum is not met by then, we will have to cancel it.

Confirmations

Sorry, we cannot confirm class registration by mail or phone, but we will notify you by phone if your class is postponed or cancelled.

Welcome to Meadowbrook Community Center

10517 35th Ave NE
Seattle WA 98125
(206) 684-7522 Telephone
(206) 684-4921 Fax
TDD only (206) 233-7061

Annex:
10750 30th Ave NE
Seattle, WA 98125
(206) 684-7523

E-Brochures are available online at www.seattle.gov/parks

Hours of Operation:

Monday/Wednesday/Friday 1:00PM–9:00PM
Tuesday/Thursday 10:00AM–9:00PM
Saturday 10:00AM–5:00PM

Holiday Closures:

Monday, December 25 Christmas Holiday
Monday, January 1 New Year's Holiday
Monday, January 15 Martin Luther King Jr. Holiday
Monday, February 19 President's Day

Program Registration:

Walk-in registration begins December 4, 2006

Program Dates:

January 9, 2007—March 31, 2007

Professional Staff:

Ken Bounds, *Superintendent*
Christopher Williams, *Operations Director*
Maureen O'Neill, *North Recreation Manager*
Theresa (Terri) Burns, *Center Coordinator*
Jeron Gates, *Assistant Center Coordinator*
Naikia Howard, *Recreation Specialist*
September Wilson, *Recreation Attendant*
Marlene Oliver, *Building Maintenance*
Marsha Carter, *Recreation Attendant*
Elisa Porter, *Recreation Leader*
Kris Mainz, *Childcare Director*

Our Advisory Council is always looking for new members. Meetings are held on the second Thursday evening of every month at 7:00 p.m.

EXPERIENCE HILLSIDE ART PARK IN MEADOWBROOK!

Coming to the 105th and 32nd Ave NE street area of Seattle Parks and Recreation property is a proposed experiential art/play area. Be a part of the vision process to celebrate a new element of the expanding Meadowbrook Recreational Complex. Draw, build, form, paint or sketch! The community will have a place to create and recreate.

Moms and Dads! Grandmas and Grandpas! Uncles and Aunts! Be a part of the Meadowbrook Advisory Council as we look to add an artistic outdoor element for the future! Contact Meadowbrook CC Recreation Coordinator Terri Burns for more information/ 684.7522 or email terri.burns@seattle.gov

THE PRO PARKS LEVY IS MAKING A DIFFERENCE IN YOUR COMMUNITY

With funding approved for this eight-year levy by Seattle voters in 2000, we're building new parks, enhancing maintenance, and expanding programs throughout the city. Our recreation facilities are providing innovative teen programs that enhance self-esteem and build life skills, more environmental education to increase awareness about the wonders that surround us, swimming lessons for all 3rd and 4th graders to make sure every Seattle child knows how to swim, a wider range of activities for seniors, and more.

We're cleaning and removing litter from our facilities and parks more often; expanding park maintenance in the summer months, when use is high; and working hard to maintain our valuable landscapes, trees, and other natural assets. Whether you prefer sports or quiet contemplation, there are more active play areas and passive park lands available for you. New things are happening every day, so keep an eye out for Pro Parks Levy signs in your neighborhood!

Check Out These Special Events!

LUNAR NEW YEAR CELEBRATION

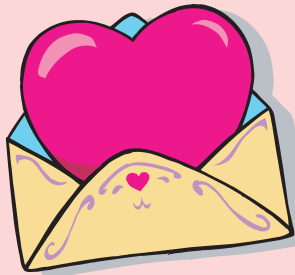
Saturday, February 10 2:00pm–4:00pm

Don't miss North Seattle Family Center and Meadowbrook Recreational Center's 12th Annual Lunar New Year Celebration! Ring in the year of the Boar with traditional festivities! Enjoy scrumptious food, fun activities and performances. Learn how this holiday is celebrated in China, Korea, Vietnam, and other countries. Make lanterns, calligraphy and crafts. Remember, the events that occur during New Year's Day may impact your life for the rest of the year.

VALENTINE'S DAY PIZZAZZ! AND FOOD DRIVE

Friday, February 9 6:30pm–8:00pm

Come make your Valentine decorations with us! Meadowbrook CC will supply glitter, glue, construction paper, paint, markers, confetti, and more so that your young artist can make beautiful Valentine's. The best part is you don't have to clean up the mess. We will be holding a food drive, so bring canned food items to donate, too!



NEIGHBORHOOD APPRECIATION DAY

Saturday, February 10 11:00am–1:00pm

Stop by the Meadowbrook Community Center and enjoy a light lunch (hot dogs, salad and more). Meadowbrook would like to say thank you to all of our neighbors for

helping make events and classes at this center possible. Our neighbors have helped the community center build a playground and a teen center, and have signed up for a variety of classes and sports programs offered through Seattle Parks and Recreation and the

Meadowbrook Advisory Council. We are always interested in your ideas and suggestions, so let our staff know how we can better serve you and the community.



DINNER & A MOVIE

1st Friday of the month Movie will begin at 6:30pm

Fee: \$3 per person or \$10 per family
Food and beverages will be provided.

Showing this Winter:

January 5 "Eight Below"

February 2 "Lady and the Tramp"

March 2 "A Bug's Life"

Movies will be announced on the 20th of the month prior.

ST. PATRICK'S DAY FUN RUN

**\$12 Participation Fee
(T-Shirt Included)**

Saturday, March 10 10:00am–11:00am

Celebrate St. Patrick's Day with a Fun Run on Nathan Hale's High School Track. Parents, team up with your children (all ages) to take part in this fun filled family event. After the event, stop off at Meadowbrook Community Center to socialize over a light snack. Proceeds from the event will support the Meadowbrook Advisory Council Scholarship Fund.



PUGET'S SOUND PRODUCTIONS

January 19, February 16, March 16

All Concerts begin at 6:30pm

\$5-10 suggested donation

Details at www.livelocalmusic.org

Puget's Sound Productions, a 501 © (3) non-profit dedicated to helping local musicians and audiences find one another, begins its fourth concert season at its flagship series here at Meadowbrook!! Come (re) discover the joy of live music in your community every third Friday, beginning in October, with some of the region's finest acoustic musicians. Families Welcomed!

SPRING CANDY CARNIVAL

Saturday, April 7

11:00am–2:00pm

Come enjoy an afternoon of fun with the entire family. Join Meadowbrook CC as we hunt for candy and take part in many carnival games this spring season. This is a family event. Candy Hunt is for ages 0–11 years of age.



Preschool

Preschool School Readiness Programs

Parks and Recreation provides "recreation programs" for preschool age children, who are 3 and 4 years old and 5 years old not enrolled in school. The State Department of Social and Health Services (DSHS) define "child care" in a specific manner which requires licensing. Our preschool programs are not licensed; therefore, we limit participation in preschool recreation programs to 3½ contiguous hours in a day. A child may only enroll in one preschool program.

Tadpoles Preschool

Ages 30–42 Months

This class is designed for the first time student. It will help your child make the transition from home to the world of friends and social play. Your child will experience nature, art, science, outdoor play, story time, music and drama.

Location: Room 10–Medium

Tadpoles-January Activity Fee \$120

#12003 1/2/2007–1/30/2007 Tue, Thu 10 a.m.–12 p.m.

Tadpoles-February Activity Fee \$100

#12004 2/1/2007–2/27/2007 Tue, Thu 10 a.m.–12 p.m.

Tadpoles-March Activity Fee \$120

#12005 3/1/2007–3/29/2007 Tue, Thu 10 a.m.–12 p.m.

Frogs Preschool

Ages 42–54 Months

Our preschool stresses the importance of play and socialization as tools for learning. We will introduce and reinforce academics while your child explores how to make friends and communicate his/her needs.

Location: Room 10–Medium

Frogs-January Activity Fee \$190

#12006 1/3/2007–1/31/2007 Mon, Wed, Fri 9 a.m.–12 p.m.

Frogs-February Activity Fee \$165

#12007 2/2/2007–2/28/2007 Mon, Wed, Fri 9 a.m.–12 p.m.

Frogs-March Activity Fee \$190

#12008 3/2/2007–3/30/2007 Mon, Wed, Fri 9 a.m.–12 p.m.

There will be no programs on Monday, January 15 and February 19.

Geckos Preschool

Ages 48–60 months

This class will focus on preparing your child for Kindergarten. The curriculum will include pre-reading and writing skills, math concepts, socialization, and basic Spanish words and phrases.

Location: Room 10–Medium

Geckos-January Activity Fee \$232

#12009 1/2/2007–1/31/2007 Mon, Tue, Wed, Thu 1–4 p.m.

Geckos-February Activity Fee \$200

#12010 2/1/2007–2/28/2007 Mon, Tue, Wed, Thu 1–4 p.m.

Geckos-March Activity Fee \$232

#12011 3/1/2007–3/29/2007 Mon, Tue, Wed, Thu 1–4 p.m.

Creative Dance

Ages 3–5 Activity Fee \$50

This class introduces the concepts of rhythm, shape, size, and speed in a fun and energetic environment. Self-expression and creativity are encouraged. Parents of new students are welcome to watch the first class, and all are invited to the last class of the session. Children should wear comfortable clothes and have hair secured; ballet slippers are optional.

Location: Multi-Purpose Room–Large

#11971 2/8/2007–4/5/2007 Thu 5–5:30 p.m.

Busy Bees—Basketball

Ages 3–6 Activity Fee \$50

The Busy Bees Program strives to teach skills through drills aimed at a child's desire for movement, instilling confidence, increasing strength and flexibility, and learning the basic motor skills that will lead to a healthy lifestyle.

Location: Main Gym–Large

#11969 1/12/2007–3/16/2007 Fri 3:30–4:30 p.m.

Art Escape

Ages 3–5 Activity Fee \$66

For the artistic and adventurous preschool-aged child. Art Escape allows students to dabble in a wide range of arts, trying something new each session. We'll tackle culinary arts, sculpture, painting, theatre, music and more over six weeks this fall. Please dress children in clothing that permits free movement and can get a bit messy in the artistic process. On fair weather days, we may seek inspiration outside; so sturdy shoes are a must!

Location: Room 23–Medium

#11935 1/16/2007–2/13/2007 Tue 1–3 p.m.

Preschool

Dino Explorers

Ages 3–5..... Activity Fee \$65

Come learn about these prehistoric creatures and make exciting crafts in the process. We'll explore different kinds of dinosaurs and speculate why they went extinct. Make dino eggs, dioramas, bones and more. Instructor: Susan Moffitt

Location: Room 23–Medium

#11972 1/19/2007–3/30/2007 Fri 1–2 p.m.

Little Tykes Play Gym

Activity Fee: Unlimited Access Card (expires March 31st)\$15

Drop-In\$2

Tuesday/Wednesday..... 10:30AM–12:30PM

Parents and Children ages 0–5

Parental Supervision is required at all times! Parents:

Please be responsible for cleaning up after your children!

Playroom

Activity Fee: Unlimited Access Card (expires March 31st)\$15

Drop-In\$2

Mon/Tues/Thurs/Fri..... 10:30AM – 1:00pm

Parents and Children ages 0–5

Other Times may be available—Please call

Parental Supervision is required at all times!

Parents: Please be responsible for cleaning up after your children!

Youth

Karate

Ages 7 and older.....Youth Fee \$24

Learn the practice of Karate, which builds stamina, tones the body, quickens the reflexes, and develops mind and body coordination. After every class, a challenge hour is offered from 7:30–8:30pm for more advanced students.

Location: Multi-Purpose Room–Large

#11983 1/8/2007–1/29/2007 Mon, Wed 6:30–7:30 p.m.

#11986 2/5/2007–2/28/2007 Mon, Wed 6:30–7:30 p.m.

#11987 3/5/2007–3/28/2007 Mon, Wed 6:30–7:30 p.m.

Guitar (etc.) Private Lessons

Ages: 8 and older Activity Fee: \$25/lesson

Wednesday afternoons

From pickin' in the parlor to jamming on stage, let experienced local performer Wes Weddell increase your proficiency on guitar (or mandolin, or bass, or...). Most styles, at all levels. Students must provide their own instruments. Please call the Meadowbrook CC front desk at 206-684-7522 to arrange lesson times.

Piano Private Lessons

Activity Fee: \$160/session

Ages: 5 and upor \$20/lesson

These lessons are individually tailored to each student's needs and level. Classes are 30 minutes long. You can register by calling the Meadowbrook CC front desk at 206-684-7522 or visit the Community Center Front Desk. There are eight classes per session.

Creative Artist Studio

Ages 7–12..... Activity Fee \$70

This program is all about art-making! Participants will draw, paint, illustrate, design, construct and decorate art projects about us and all that we are excited about. You can explore traditional art techniques and media, or invent your own ways to discover fun in art. Build your own art portfolio and take part in a group-collage exhibit.

Location: Room 09–Small

#11970 1/11/2007–3/29/2007 Thu 4–5 p.m.

Short Shots Basketball

Ages 6–7..... Activity Fee \$50

Get your child started in learning the fundamentals of basketball. This class is designed to be non-competitive and to teach a "team" concept. This class meets once a week and ends with a jamboree.

Location: Main Gym–Large

#12018 1/8/2007–3/26/2007 Mon 4:30–5:30 p.m.

Youth

Indoor Nerf Soccer

Ages 5–7..... Activity Fee \$35

Meadowbrook Community Center will join Laurelhurst Community Center to form an indoor soccer league. The goal of the program is to teach teamwork and basic skills and to make sure that participants have FUN!

Location: Main Gym–Large

#11978 4/4/2007–6/27/2007 Wed 5–6 p.m.

Track and Field

Ages 5–18..... Activity Fee \$35

Run the fastest, jump the highest, and throw the farthest! No experience is required; emphasis is on participation, teamwork, skill development, fitness and fun. **Registration Begins February 13th.**

Location: Nathan Hale High School Track

#12027 3/26/2007–6/2/2007 Mon, Wed 5:30–7 p.m.
Sat 9–10:30 a.m.

Girls Softball

Ages 8–17..... Activity Fee \$35

Girls modified softball is for ages 8–11, and fast pitch softball is for ages 12–17. No experience is required; emphasis is on participation, teamwork, skill development, fitness and fun! **Registration Begins February 13th.**

Location: Outdoor Spaces

#12041 3/20/2007–6/26/2007 Tue 5–6 p.m.

Beginning Ballet

Ages 5–10..... Activity Fee \$70

For the more serious dance student, this class offers an introduction to ballet vocabulary. Students will learn the five positions, proper alignment, and large traveling steps across the floor. Parents of new students are welcome to watch the first class, and all are invited to the last class of the session. Children should wear comfortable clothes and ballet slippers, and have hair secured.

Location: Multi-Purpose Room–Large

#11968 2/8/2007–4/5/2007 Thu 5:30–6:15 p.m.

Childcare

School-age Care Program

Parks and Recreation offers “school-age care programs” for children between 5–12 years of age AND enrolled in school, Kindergarten through 5th grade. Under DSHS rules, we are prohibited from registering, for these programs, any child who is younger than 5 years of age or any child who is not enrolled in school.

MEADOWBROOK OUT-OF-SCHOOL EXPERIENCE (MOOSE) CARE/CAMPS

Ages 5–12. Fun, creative, and safe! This before and after school program is filled with activities. Come join us for games, arts & crafts and indoor sports. Seattle Parks, in conjunction with the community center advisory councils, has set a standardized fee for all childcare programs at Seattle Parks sites. The prices have been set by administration to allow for a competitive rate and to keep our programs financially stable. Out-of-School days are not included in monthly registration fees. Teacher-in-service days and snow days are \$29 per child.

Explanation of Fees: The standard monthly Before and After School program fees are calculated by determining the school year cost and dividing by ten. This averages the cost of the programs over 10 months and allows for a consistent fee. For example, the same fee is charged for a full month (September) and a holiday month (December). **Sorry, we cannot take drop-in participants.** You must register for the specific days of the week you wish to attend.

Transportation: Children attending school within six blocks of the community center will walk to/from school with a staff person. Children attending a Seattle Public School further than six blocks but within the “cluster” that includes the community center will use public school bus transportation. Parents of children with special needs should consult with the community center staff. **Registration for the 2007-2008 School Year will begin on May 14th. A \$50 Non-Refundable/Non-Transferable Deposit toward September Tuition is required for before and after school programs.**

Childcare

CHILDCARE—AFTER SCHOOL

After School—1 day	\$85
After School—2 day	\$135
After School—3 day	\$190
After School—4 day	\$230
After School—5 day	\$245
After School—5 day (2nd Child Discount)	\$235

After School—January

#11835 1/2/2007–1/31/2007 Mon–Fri 3–6 p.m.

After School—February

#11919 2/1/2007–2/28/2007 Mon–Fri 3–6 p.m.

After School—March

#11924 3/1/2007–3/30/2007 Mon–Fri 3–6 p.m.

CHILDCARE—BEFORE SCHOOL

Before School—1 day	\$50
Before School—2 day	\$95
Before School—3 day	\$120
Before School—4 day	\$145
Before School—5 day	\$160
Before School—5 day (2nd Child Discount)	\$150

Before School—January

#11936 1/2/2007–1/31/2007 Mon–Fri 7–9 a.m.

Before School—February

#11938 2/1/2007–2/28/2007 Mon–Fri 7–9 a.m.

Before School—March

#11939 3/1/2007–3/30/2007 Mon–Fri 7–9 a.m.

MID-WINTER BREAK CAMP

Activity Fee	\$116
Second Child Discount	\$112
Ages 5–12. Meadowbrook offers a great camp for kids (grades K-5). A completed medical authorization form must be on file at the complex. The week will be packed with fun and exciting activities	

#11992 2/20/2007–2/23/2007 Tue–Fri 7 a.m.–6 p.m.

MID-WINTER BREAK TEEN CAMP

Activity Fee	\$116
Second Child Discount	\$112
Ages 11–14. Meadowbrook offers a great camp for kids (grades 6-8). A completed medical authorization form must be on file at the complex. The week will be packed with fun and exciting activities	

#11993 2/20/2007–2/23/2007 Tue/Wed/Thu/Fri 7 a.m.–6 p.m.

SPRING BREAK CAMP

Activity Fee	\$145
Second Child Discount	\$140
Ages 5–12. Meadowbrook offers a great camp for kids (grades K-5). A completed medical authorization form must be on file at the complex. The week will be packed with fun and exciting activities	

#12019 4/9/2007–4/13/2007 Mon–Fri 7 a.m.–6 p.m.

SPRING BREAK TEEN CAMP

Activity Fee	\$145
Second Child Discount	\$140
Ages 11–14. Meadowbrook offers a great camp for kids (grades 6-8). A completed medical authorization form must be on file at the complex. The week will be packed with fun and exciting activities.	

#12023 4/9/2007–4/13/2007 Mon–Fri 7 a.m.–6 p.m.

PROF. DEVELOPMENT/WAIVER DAY

Enrolled in B4 and AFT	\$10
Enrolled in B4 OR Aft	\$15
Not Enrolled in B4 or AFT	\$29

Ages 5–12. Your kids have a day off from school and we will provide fun activities to keep them busy. Activities may include sports, games, arts and crafts, reading, and drama. Depending on the day, activities may also include a field trip or swimming.

February 2nd, 2006

#12013 2/2/2007 Fri 7 a.m.–6 p.m.

March 16th, 2006

#12015 3/16/2007 Fri 7 a.m.–6 p.m.

****Meadowbrook will offer exciting and fun-filled summer camps...Registration for these camps will take place at Meadowbrook Community Center on April 2.**

There will be no programs on Monday, January 15 and February 19.

Teens

Meadowbrook Teen Center

10750 30th Ave NE • Seattle WA 98125
(Located on southeast corner of Nathan Hale High
School, entrance on 30th Ave NE & 107th)

Tues–Thursday 3:00PM–9:00PM

Friday 3:00PM–Midnight

Saturday 7:00PM–Midnight

(All programs are free of charge unless otherwise noted.)

Teen Advisory Council Meetings

3rd Tuesday of every month 4:00pm

Be a part of the Meadowbrook Teen Advisory Council and earn your service-learning credits for school. Learn to use your voice to affect those around you in a positive way. Join the Meadowbrook Teen Advisory Council and together we can empower ourselves and the community around us.

Service Learning Hours

Meadowbrook Teen Center is working closely with high school students who have service learning requirements or who are interested in helping their community. If interested, stop by the Meadowbrook Teen Center to pick up your application form today!

Friday Matinee Movie

2nd Friday of Each Month..... 4:00pm–6:00pm
Starting January 8.

Movie Madness

Thursdaysstarting at 5:30pm

Come enjoy your favorite movies, documentaries, animations, and short films during the Teen Center's weekly movie shows. Registration is simple. We provide snack and refreshments.

Art Attack

Wednesdays..... 5:30pm–7:00pm

Do you like to personalize everything you own? Like to stand out in a crowd, or do you just plain like doing anything artistic? Then the art attack is the thing for you. We'll supply the materials and snacks; all you have to do is be here! Some projects may be subject to a fee.

Future Leaders

Thursdays 5:00pm–7:00pm

This is a program for males/females aged 13-19 years to discuss teen issues and provide our future leaders with a positive environment in which they can express themselves. Sometimes we will take part in activities around the teen center, but other times we will head out on field trips! If this sounds interesting, sign up at the Teen Center front desk.

The Groove

Fridays..... 3:30pm

The Groove includes dance workshops, field trips to performances, and more! If you want to learn how to dance in a laid-back environment, or want to gain experience as a dance teacher, or just hang out and learn some new moves, then come check it out. Sign up with Elisa Porter at the Teen Center front desk.

Run Club

Tuesdays 3:30pm

The club starts on Tuesday, January 8. Need to stay in shape for track season? Come join us for training every Tuesday, rain or shine.

Homework Center

Tues/Wed/Thurs 3:00pm–5:00pm

Starts on January 8. Having trouble studying at home with your little brother or sister annoying you? Spend your time at the Teen Center after school and get all your school work completed. *(If interested in tutoring your peers, stop by the Teen Center front desk and ask for more information.)*

To inquire about or register for classes, stop by the Meadowbrook Teen Center or call 206-684-7523 or email mbrktlc@seattle.gov for more information.

Teens

Drop-in Activities

Monday–Friday

In addition to the many structured programs, the Meadowbrook Teen Life Center will also offer some drop in activities to include...

**Foosball, Ping-Pong, pool, Xbox, dominoes, cards, music, and many other fun activities.

Open Gym

Monday & Friday 2:30pm–4:30pm

Monday & Friday 5:30pm–8:30pm

Indoor Soccer

Wednesdays 4:00pm–6:00pm

Ping-Pong League

Begins January 8thCost: \$1 per participant

Resume Workshop and Job readiness program

This class will help you enhance your resume and application building skills. The class will also teach interview techniques to help you excel in all your future employment endeavors. Contact Teen Center staff to find out when the next workshop is!

MID-WINTER BREAK TEEN CAMP

Activity Fee\$116

Second Child Discount\$112

Ages 11–14. Meadowbrook offers a great camp for kids (grades 6-8). A completed medial authorization form must be on file at the complex. The week will be packed with fun and exciting activities

#11993 2/20/2007–2/23/2007 Tue/Wed/Thu/Fri 7 a.m.–6 p.m.

SPRING BREAK TEEN CAMP

Activity Fee\$145

Second Child Discount\$140

Ages 11–14. Meadowbrook offers a great camp for kids (grades 6-8). A completed medial authorization form must be on file at the complex. The week will be packed with fun and exciting activities.

#12023 4/9/2007–4/13/2007 Mon–Fri 7 a.m.–6 p.m.

Culinary Arts

Beginning in January (*Limited spaces available*)

The culinary arts program is designed to expose teens to the food-service industry. The program will provide a comprehensive overview of the skills necessary to get a job in the field and gain knowledge of food-service management, safety and sanitation.

LATE NIGHT RECREATION PROGRAM FOR TEENS AGES 13-19

Every Friday and Saturday 7:00pm–Midnight

(Meadowbrook Teen Center, 10750 30th Ave NE, 206.684.7523—Friday Nights: Middle School Night; Saturday Nights: High School Night)

FREE! Providing our teens with a positive alternative to alcohol, drugs, gangs, and other unsuitable activities are the goals of Late Night. We offer intercultural activities, sports, arts and culture, educational workshops, special events, and mentoring. The late night program is open to youth in middle school and high school who are interested in making a positive change in themselves and their community.

Activities include: arts and crafts, volleyball, dances, cooking, video games, food, basketball and more!

Friday Night—Middle School Only

1st Friday Music Studio

2nd Friday Culinary Arts

3rd Friday Teen Swim @ Meadowbrook Pool (Middle/High School)

4th Friday Pizza & a Movie

Saturday Night-High School Only

1st Saturday Culinary Arts

2nd Saturday Pizza & a Movie

3rd Saturday Game Room Tournament (Pool, Ping-Pong, X-Box, etc...)

4th Saturday Special Event /Field Trip

Teens

Music Studio

Tuesdays 6:00pm–8:00pm
Fridays 3:30pm–5:30pm

Interested in learning to play guitar or piano? Can you sing, rap, produce or recite poems? If you answered yes to any of the above questions, come sign up to be a part of the Meadowbrook Teen Center music movement. The Teen Center has a state of the art music room and equipment for use by the teens who want to further their careers in the music industry or just learn how it all goes down. Stop by the front desk if you want more information about participating.

Teen Outing Club

Wednesdays 3:30pm

(Some activities are subject to enrollment costs)

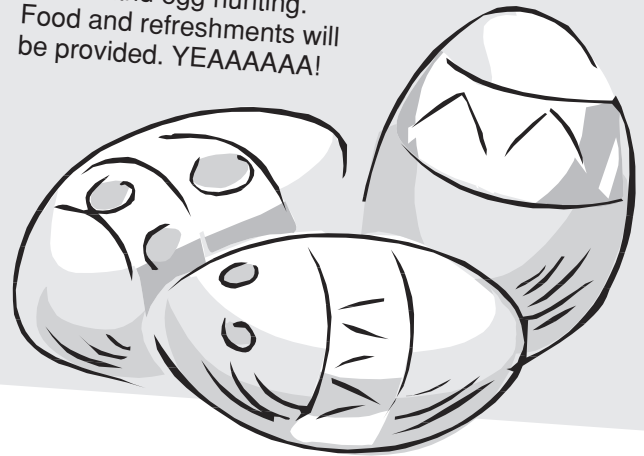
Are you interested in the environment or the outdoors? Through our environmental education program, the Teen center nurtures leadership skills and critical thinking, and draws people of wide-ranging ethnic groups, cultures, and abilities into efforts to protect the environment. Come learn about temperate rainforest, urban watersheds in Seattle, local wildlife and more. Sign up soon!

****Trips may include:** river rafting, sea kayaking, day hikes, camping trips, rock climbing, etc.

MIDDLE SCHOOL/HIGH SCHOOL FLASHLIGHT EGG HUNT

March 30 2007 7:00–9:00pm

Description: Come enjoy a fun evening full of adventure. Take part in creative family-oriented games and egg hunting. Food and refreshments will be provided. YEAAAAAA!



Valentine's Sweetheart Dance*

When: February 9, 2007

Where: Meadowbrook Teen Center

Time: 8:00pm–Midnight

Why: The dance is a fundraising event to support teen programs at the Teen Center

Fee: \$4.00

***School ID required**



Adults

FITNESS

Meadowbrook Fitness Room

Weight Room Hours:

M/W/F*	9:15am–8:45pm
T/Th	10:00am–8:45pm
Saturday	10:00am–5:00pm

Fitness Room Pass:

Monthly Pass	\$20
10 Punch (good for 3 months)	\$20
Fitness Room Drop-in Fee	\$3

Make Meadowbrook Community Center your personal gym! The "Fitness Pass" allows you to enjoy unlimited access to our weight room. Passes are valid from the date of purchase and are non-transferable and non-refundable.

Participants must complete the "Introduction to Personal Fitness" course, present the pass and sign in before entering the fitness room. Participants must be 18 or older to use the room or be 16 and have a parent with them.

Intro To Personal Fitness

Activity Fee\$11
Ages 16 and older

Learn to use our fitness equipment safely and effectively, plus learn how to properly warm-up, exercise and stretch. Then design a training program tailored to your fitness level and goals with the help of our fitness expert. This orientation is valid for one year before initial use of the Fitness Room. As classes fill, we do add more dates and times. If none of these dates and times works for you, please ask the front desk to schedule you in a private or semi-private class (\$40). Please register for class by the close of business the preceding day. **Please register ahead of time for early morning Fitness Training classes!**

Location: Weight/Fitness Room

#11995	1/8/2007	Mon 7:30–9 p.m.
#11996	1/9/2007	Tue 9–10:30 a.m.
#11994	1/29/2007	Mon 7:30–9 p.m.
#11999	2/7/2007	Wed 7:30–9 p.m.
#11997	2/12/2007	Mon 7:30–9 p.m.
#11998	2/28/2007	Wed 7:30–9 p.m.
#12000	3/1/2007	Thu 9–10:30 a.m.
#12001	3/12/2007	Mon 7:30–9 p.m.
#12002	3/28/2007	Wed 7:30–9 p.m.

Kickboxing

Activity Fee\$70
Ages 16 and older

Kick-start your mornings into high gear with this high-energy aerobics class inspired by moves for the martial arts: jabs, kicks, strikes, blocks and much more! You'll get your heart pumping and burn a ton of calories. Every class will include a core strength segment and a warm-up and cool-down stretch. Cross-trainers or similar footwear is recommended. Wear clothes that breathe and move comfortably. Leap into your week/weekend on high note with a workout that will start you off on the right foot!

Location: Multi-Purpose Room–Large

Saturdays **Activity Fee \$70**

#11988 1/13/2007–3/31/2007 Sat 10–11 a.m.

Tuesday/Thursday **Activity Fee \$70**

#11989 1/9/2007–1/30/2007 Tue, Thu 1–2 p.m.

#11990 2/1/2007–2/27/2007 Tue, Thu 1–2 p.m.

#11991 3/1/2007–3/29/2007 Tue, Thu 1–2 p.m.

Yoga-Hatha

Activity Fee\$33
Ages 16 and older

Our Hatha yoga instructor has studied yoga for 12 years. This class includes stretching, meditation and toning of the body. Wear loose, comfortable clothing. Instructor: George Hoder

Location: Room 22–Medium

#12037 1/9/2007–1/30/2007 Tue 6:30–7:30 p.m.

#12038 2/6/2007–2/27/2007 Tue 6:30–7:30 p.m.

#12040 3/6/2007–3/27/2007 Tue 6:30–7:30 p.m.



Adults

Karate

Adult Fee\$37
Ages 18 and older

Learn the practice of Karate, which builds stamina, tones the body, quickens the reflexes, and develops mind and body coordination. After every class, a challenge hour is offered 7:30–8:30pm for more advanced students.

Location: Multi-Purpose Room–Large

#11983	1/8/2007–1/29/2007	Mon, Wed 6:30–7:30 p.m.
#11986	2/5/2007–2/28/2007	Mon, Wed 6:30–7:30 p.m.
#11987	3/5/2007–3/28/2007	Mon, Wed 6:30–7:30 p.m.



NIA

Activity Fee 8-Punch Card \$60
Activity Fee 4-Punch Card \$33
Activity Fee Drop-In \$9
Ages 18 and older

NIA is a holistic movement program offering an alternative approach to health and fitness, blending Eastern and Western movement concepts and theories. You'll learn to enhance flexibility, coordination and strength. NIA is a combination of modern dance, yoga, Tai Chi, Tae Kwon Do, Aikido, Jazz and ethnic dance that provides a fun, well-balanced fitness modality that leaves the body, mind and spirit wanting to come back for more.

Location: Multi-Purpose Room–Large

1/9/2007–1/30/2007	Tue, Thu 6–7 p.m.
2/17/2007–2/27/2007	Tue, Thu 6–7 p.m.
3/1/2007–3/29/2007	Tue, Thu 6–7 p.m.

Pilates

Activity Fee 8-Punch Card \$60
Activity Fee 4-Punch Card \$33
Activity Fee Drop-In \$9

Find out where you're weak, where you're strong, and where your "core" is, and put it all into an exercise program that will help you develop a more flexible, symmetrical, balanced body. The pilates mat system is an excellent conditioning program suitable for both men and women of all physical and athletic skills. The instructor has been practicing Pilates for the last four years and is currently pursuing Comprehensive Certification in the Stott method of Pilates. Coming from a background of teaching and sports coaching, the instructor pays attention to each individual's level of conditioning and physical skill and attempts to tailor each workout to fit each student's abilities.

Pilates Monday/Wednesday

Location: Multi-Purpose Room–Large

1/8/2007–1/31/2006	Mon, Wed 6–7 p.m.
2/5/2007–2/28/2007	Mon, Wed 6–7 p.m.
3/5/2007–3/28/2007	Mon, Wed 6–7 p.m.

Pilates Thursday

Location: Multi-Purpose Room–Large

1/11/2007–2/1/2007	Thu 7–8 p.m.
2/8/2007–3/1/2007	Thu 7–8 p.m.
3/8/2007–3/29/2007	Thu 7–8 p.m.

Pilates Saturday

Location: Multi-Purpose Room–Large

1/6/2007–3/31/2007	Sat 9–10 a.m.
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Kendo

Monday 7:00–9:00pm

The art of Japanese swordsmanship, this is the martial art that taught discipline in mind and body during the feudal days of Samurai to its highest level. Instructor: Murosako Yoshitsugu sensi is one of the five masters chosen for the book "The Warriors' Paths." For more information or to sign up for the class, please call 425-488-0568 or email patmurosako@earthlink.net. ***This program is not operated by the Meadowbrook Advisory Council or Seattle Parks and Recreation. REGISTER FOR KENDO WITH THE INSTRUCTOR AT THE PROGRAM SITE.***

Location: Meadowbrook Teen Annex

There will be no programs on Monday, January 15 and February 19.

Adults

Jazzercise

Mon/Wed/Fri9:15 am–10:15 am
Easy Fitness Ticket (Automated Unlimited Monthly Pass).....\$36
Unlimited Monthly Pass (Pay as you go).....\$50
4 Class Punch Card.....\$32
Drop-In.....\$10
 (Passes also valid for Jazzercise classes at Shoreline Center)

When you love your workout, results come easily. Jazzercise combines elements of jazz dance, resistance training, pilates, yoga, kickboxing and more to create a truly effective program for people of every age and fitness level. Here is your chance to get healthy and fit in a friendly environment. Grab a mat or towel and a water bottle and get started today. Classes are ongoing, so come to any class to start. Instructor: Madelaine Jensen
 This is a paid advertisement. ***This program is not operated by the Meadowbrook Advisory Council or Seattle Parks and Recreation. REGISTER FOR JAZZERCISE WITH THE INSTRUCTOR AT THE PROGRAM SITE.***

Location: Meadowbrook Gym

MUSIC

Guitar (etc.) Private Lessons

Wednesday afternoons **Activity Fee: \$25/lesson**
Ages: 18 and older

From pickin' in the parlor to jamming on stage, let experienced local performer Wes Weddell increase your proficiency on guitar (or mandolin, or bass, or...). Most styles, at all levels. Students must provide their own instruments. Contact the Meadowbrook CC front desk at (206) 684-7522 to arrange lesson times.

Piano Private Lessons

Activity Fee: \$160/session
Ages: 18 and older **or \$20/lesson**

These lessons are individually tailored to each student's needs and levels. Classes are 30 minutes long and you can register by calling Meadowbrook CC front desk 206-684-7522 or visit the Community Center Front Desk. There are eight classes per session.

FIRST AID & ADULT CPR

7 hours.....\$55

This course teaches the correct way to respond to an emergency, control bleeding, treat burns, poisonings and sudden illnesses and how to treat adults who are choking, cannot breathe or require CPR. This course meets OSHA & WISHA requirements. Classes meeting in two sessions will run 4 hours on day one and 3 hours on day two. Students should call the Red Cross to register for 206-726-3534 or register online at seattleredcross.org

Location: Meadowbrook Community Center,
10517 35th Ave N.E., Seattle, WA 98125

January 13, Saturday	9:30AM–4:30PM	#72849
February 10, Saturday	9:30AM–4:30PM	#72850
March 10, Saturday	9:30AM–4:30PM	#72851

SPECIAL POPULATIONS

Seattle Parks and Recreation
 Specialized Programs Section
 Adults with Disabilities (18–older)

“T-N-T CLUB”

(Try New Things Club)

A weekly social club enjoy fun activities and dine on their sack lunch/drink

Dates:.....Jan 2–March 13
Times:.....Tuesdays, 10:30 am–1:00 pm
Cost:.....Free
Location:.....Meadowbrook CC Social Room

To register, please call the office at 206-684-4950.

For more information on other programs for Youth/Adults with Disabilities, please call the Specialized Programs Office at (206) 684-4950



Lifelong Learning—Age 55+

SENIOR ADULTS PROGRAMS: AEROBICS AND FITNESS

Body Conditioning

This class uses Dynabands/free weights for overall strength conditioning.

Instructor: P. Cannon

Mondays, Jan. 8–Mar. 12 10:00 am–11:00 am
Fees \$30.00 1 day week

Instructor: C. Lorenz

Thursdays, Jan. 4–Mar. 15 11:15 am–12:15 pm
Fees \$30.00 1 day week

Yoga

Gentle stretching will keep you limber, build muscles, improve breathing, and balance. It's appropriate for all skill/fitness levels.

Instructor: J. Robin

Wednesdays/Fridays,
Jan. 3–Mar. 16 9:00 am–10:00 am
Fees \$30.00 1 day week

Walk Group

Meadowbrook Sound Steps. Enjoy walks around the neighborhood, including the Meadowbrook Pond and Playfield areas. Meet in the Lobby. If you have any questions, please call 206-386-9106.

Fridays, Jan. 5–Mar. 16 11:30 am–12:30 pm
Fees Free

SENIOR ADULTS PROGRAMS: ATHLETICS

Pickleball

Pickleball is a fun, easy-to-learn sport. New games must begin at least 10 minutes before the time ends, no later.

Intermediate/Advanced Play

Thursdays, Jan. 4–Mar. 15 10:00 am–11:55 am
Fees \$1.00 Drop-In Fee

Beginning

Thursdays, Jan. 4–Mar. 15 12:05–2:00 pm
Fees \$1.00 Drop-In Fee

CULINARY ARTS

Join our chef, Rosangela Seppala, to create new, exciting dishes, receive recipes and have lunch.

COOKING WITH OLIVE OIL!

Light or Extra Virgin Olive Oil? What's your choice?

Wednesday, Jan. 24 10:00 am–Noon
Activity Fee \$16.00

MAMA'S OLD-FASHIONED RAVIOLI!

Enjoy homemade ravioli without having to make the dough and endless fillings.

Wednesday, Feb. 7 10:00 am–Noon
Activity Fee \$16.00

VEGETARIAN—INDIAN!

Enjoy delicious Samosas, Saag Paneer (Spinach with fresh homemade cheese) and more.

Wednesday, Feb. 28 10:00 am–Noon
Activity Fee \$16.00

MASTERING THE CHICKEN DINNER!

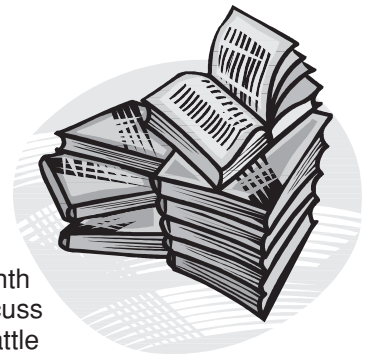
Learn to make Chicken Kiev, Chicken Parmesan and Chicken Piccata!

Wednesday, Mar. 7 10:00 am–Noon
Activity Fee \$16.00

SENIOR ADULTS PROGRAMS: BOOKS AND WRITING

Meadowbrook Book Club

The club meets once a month on the 3rd Thursday to discuss a book provided by the Seattle Public Library. Please register ahead of time at 206-386-9106.



“NINE PARTS OF DESIRE” BY GERALDINE BROOKS

Instructor: L. Grace

Thursday, Jan. 18 11:00 am–Noon
Fees Free

“FROM BEIRUT TO JERUSALEM” BY THOMAS FRIEDMAN

Thursday, Feb. 15 11:00 am–Noon
Fees Free

“WOMEN OF THE SILK” BY GAIL TSUKIYAMA

Thursday, Mar. 15 11:00 am–Noon
Fees Free

Lifelong Learning—Age 55+

INFORMATION WORKSHOPS

Free Financial Planning Consultations

Dave Asplund and Danuta Kieko of Asplund Financial Group offer private time to provide information about all aspects of financial preparedness, including Trusts, Wills, Investments, Annuities, Retirement and Long-Term Care Planning. Bring your unanswered questions! The sessions take place upstairs in Room 22. You can reserve half-hour appointments by calling 206-542-6120.

Mondays, Jan. 8, Feb. 12, Mar. 12 10:00 am–Noon
Fees Free

American Red Cross Presents Disaster Preparedness

Don't put it off any longer! Take advantage of this opportunity to learn how to be ready if a disaster strikes. It takes place in Room 22 (upstairs). Please register ahead of time by calling 206-386-9106.

Thursday, Feb. 1 10:00–11:30 am
Fees Free

SPECIAL EVENTS

Conversation with Greg Morales, Artistic Director, Civic Light Opera

You are cordially invited to hear Greg share his stories and experiences about seven years with CLO Productions. Enjoy tea and treats, and a surprise guest or two from "The Baker's Wife" production! Vans depart Meadowbrook front door at 12:30 pm.

Monday, Jan. 22 1:00–2:30 pm
Fees \$3.50

Magnuson CC/Bldg 47/ Windermere Room

FIELD TRIPS

The van departs from front door of Meadowbrook Community Center at trip time listed. Vans will only wait for 5 minutes for late people. Please do not wear any fragranced personal care products as a courtesy to those who have chemical sensitivities.

Museum of Flight/da Vinci

Join us for a guided tour of one of the largest air and space museums in the world. (Please bring \$12 admission.); visit the international exhibit "Leonardo Da Vinci, Man/Inventor/Genius" (Bring \$10 admission.) Lunch is on your own in the Museum's Wings Café, where you can enjoy great food and an up-close view of Boeing Field.

Monday, Jan. 8 8:30 am–3:00 pm
Fees \$6.00

"The Comedy of Errors"

Enjoy a Seattle Shakespeare Company performance at the Seattle Center Theater of the Bard's shortest play! Bring \$16 admission on trip day.

Saturday, Jan. 20 12:30–5:30 pm
Fees \$4.50

Muckleshoot Casino

Auburn's famous casino now has an entirely smoke-free annex! Try your luck there, or at the original Muckleshoot Casino. Lunch is on your own at their excellent buffet. Discount coupons.

Monday, Feb. 5 8:30 am–3:15 pm
Fees \$6.50

Sweet Treats!

We're off to Woodinville for a tour at Elegant Gourmet, a candy-making manufacturing facility. After a stop for lunch (on your own) we'll head to Issaquah to tour Boehm's Candies, learning about Julius Boehm, the company's founder and visiting his Swiss-style chalet apartment and chapel, modeled on a 12th-century Swiss Church!

Friday, Feb. 16 10:15 am–4:00 pm
Fees \$6.50

Stratford at Maple Leaf

Let's tour this new Lake City area senior living facility, ask questions and have a delightful lunch.

Monday, Feb. 26 10:45 am–1:30 pm
Fees \$3.50

Escape to Bainbridge Vineyards and Winery

The grapes they crush are harvested from their own eight-acre vineyards; all their wines are 100% Island-grown! We'll tour and taste at this local treasure destination, following our visit to Winslow for an early lunch (on your own). The fee includes the ferry fare.

Monday, Mar. 5 9:00 am–5:00 pm
Fees \$20.00

Culinary Arts Field Trip

Rosangela, our Culinary Arts Diva, guides us through her favorite places to shop in the Greenwood neighborhood, including the Olive You Deli; then you can have lunch (on your own) at Kiala Indian Buffet Restaurant.

Wednesday, Mar. 14 10:00 am–2:00 pm
Fees \$6.50

Meadowbrook Pool

If you're not wet, we're not happy!

10515 35th Ave NE • Seattle WA 98125
(206) 684-4989
TDD only (206) 233-7061

Winter 2007, January 1–April 7, 2007

Front Desk Hours:

Monday through Friday..... Noon-8:00PM
Saturday 7:00AM-6:00PM
Sunday Closed

Closures:

Monday, January 1 New Years Day
Monday, January 15 Martin Luther King Day
Monday, February 19..... President's Day

Professional Staff:

Janet Wilson Coordinator
Michael Wiles Pool Operator
Jody Barte, Pamela Wilson PPT Cashier
Caroline Marshall, Adam Swarm, Tiffany Jordan,
Tyler Martin, Katrina Keller..... Senior Lifeguards
And a bunch of other really great people!

Parks and Recreation Staff:

Kenneth Bounds Superintendent
Christopher Williams..... Operations Division Director
Kathy Whitman Aquatics Manager
Patsy Siegismund..... Senior Aquatics Coordinator

Fees & Admission Information:

Under 1 year..... FREE
Youth ages 1-18 \$2.75
Adults ages 19–64..... \$3.75
Senior Adults ages 65 and better \$2.75
Special Populations..... \$2.75
Water Fitness Classes..... \$4.75/\$3.00 (Sr.)
Masters Workout \$4.75/\$3.00 (Sr.)

Swim Tickets:

FAST Pass..... \$45.00/\$35.00 (Sr, Youth, Spec Pop)
Recreational Punch Card \$20.00 (\$22.00 value)
Fitness Punch Card..... \$30.00 (\$33.00 value)

Save 10% on your fitness or recreational swimming by purchasing a Recreational or Fitness Punch Card!

Equipment Rentals (all prices include tax):

Towels.....\$0.50
Showers.....\$3.75
Lockers.....\$0.25

Things to Know

Dimensions: 75ft x 44ft

- Water temperature: 85°F.
- Depth Range: 3–12ft
- 72 lengths = 1 mile
- Street shoes are not allowed on the pool deck.
- Children 6 and older must use the appropriate gender locker room.
- Please use the recycling containers or garbage cans located in the lobby, locker rooms and deck.
- Absolutely no glass is allowed.
- Children younger than 6 or less than 4 feet tall must have an adult with them at all times in the water.
- The pool is served by Metro bus route #65.
- Pool lift and portable steps are available for our non-ambulatory patrons.
- Two ADA accessible Family Changing Rooms are available.
- We accept MasterCard, VISA and American Express.

Have your next party at Meadowbrook

Pool! We offer two different party packages, so there is sure to be one that will fit your budget. You supply the cake...we supply the fun! See back page for details.

General Information

Please see page 2 for information about Seattle Parks and Recreation policies and procedures.



If you're not wet,
we're not happy!

MEADOWBROOK POOL WINTER-AT-A-GLANCE 2007

10515 35th Avenue NE • (206) 684-4989 • www.seattle.gov/parks/aquatics/meadowbrookpool.htm

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
06:00 AM	Lap swim*	Lap swim*	Lap swim*	Lap swim*	Lap swim*	
06:30 AM	6:00-7:30	6:00-7:30	6:00-7:30	6:00-7:30	6:00-7:30	
07:00 AM						Lap Swim 7-8:30
07:30 AM	Seattle Public Schools					
08:00 AM						
08:30 AM						Deep Water EX
09:00 AM						8:30-9:30
09:30 AM						Family Swim
10:00 AM						9:30-10:30
10:30 AM						Lessons
11:00 AM						10:30-12:00
11:30 AM			Lessons 11:30-12			
12:00 PM	Adult Swim	Adult Swim	Adult Swim	Adult Swim	Adult swim	Adult Swim
12:30 PM	12:00-1:30	12:00-1:30	12:00-1:30	12:00-1:30	12:00-1:30	12:00-1:30
01:00 PM						
01:30 PM	Deep Water EX	Adapted Water EX	Deep Water EX	Adapted Water EX	Deep Water EX	Public Swim
02:00 PM	1:30-2:15/Lessons	1:30-2:30	1:30-2:15/Lessons	1:30-2:30	1:30-2:15/Lessons	1:30-3:00
02:30 PM	Pool Playland/3-	After School	Pool Playland/3-		Pool Playland/3-	
03:00 PM	Lane Lap 2:30-3:30	Activity Program	Lane Lap 2:30-3:30		Lane Lap 2:30-3:30	Lessons
03:30 PM	Lessons	(ASAP) 2:30-4:00	Lessons		1:1 Lessons 3:30	3:00-4:30
04:00 PM	3:30-5:30	Excel 4:00-5:30	3:30-5:30	Excel 4:00-5:30	Public Swim	
04:30 PM					4:00-5:00	Family Swim
05:00 PM					1:1 Lessons	4:30-5:30
05:30 PM	Lap swim	Lessons	Lap swim	Lessons	Lap Swim	Lap Swim
06:00 PM	5:30-6:30	5:30-7:00	5:30-6:30	5:30-7:00	5:30-6:30	5:30-6:30
06:30 PM	Masters		Masters		Masters	Party Rentals
07:00 PM	6:30-7:30	Family Swim	6:30-7:30	Family Swim	6:30-7:30	see pg. 16 for
07:30 PM	Public Swim 7:30	7:00-8:00	Lessons 7:30-8:00	7:00-8:00	Friday Fun Night	details
08:00 PM	Deep Water EX	20/20/20	Deep Water EX	Combat Aqua	7:30-8:30	
08:30 PM	8:00-8:45	8:00-9:00	8:00-8:45	8:00-9:00		
09:00 PM		Adult Swim		Adult Swim		
09:30 PM		9:00-10:00		9:00-10:00		

2007 Winter Schedule—January 1–April 7, 2007

Meadowbrook Pool will be closed in observance of New Years Day, January 1; Martin Luther King Day, January 15; and President's Day, February 19.

*EMLS time will change to 5:45–7:15AM from 1/2/07–2/2/07 to accommodate Seattle Schools Program.

Due to Swim Meets on Friday, January 5 and 19 there are no Pool Programs between 2:30–5:30pm.

Diaper Policy

In the interest of public health, those who are not toilet trained must wear swimming diapers or a cloth diaper that has tight fitting legs. No regular disposable diapers or loose fitting swim suits are allowed. Children's swim diapers are available for sale.

RECREATIONAL SWIMMING

Adult & Senior Swim

Monday–SaturdayNoon-1:30PM

Tuesday & Thursday*9:00-10:00PM

Adult/Senior Swim: Half of the pool is set up with lanes for lap swimming. The other half is available for less structured swimming. ***A FastPass or Recreational Punch Card is required.**

Lap Swim

Monday–Friday (EMLS)* 6:00-7:30AM

Mon/Wed/Fri/Sat5:30-6:30PM

Saturday 7:00-8:30AM

Early Morning Lap Swim: (EMLS) 2 double-wide lanes and 2 single-wide lanes. ***FastPass or Recreational Punch Card required. EMLS time will change to 5:45–7:15AM from 1/2/07–2/2/07 to accommodate Seattle Schools Program.**

Lap Swim and Saturday Morning: 4 single wide lanes (very fast, fast, and 2 medium lanes) and 1 double wide lane for slow lap swimming.

3 Lane Lap Swim & Pool Playland

Mon/Wed/Fri2:30-3:30PM

This “gentle” public swim features water toys like the little slide and noodles. This is especially good for younger kids and their big people.

Family Swim (with lap lane available)

Tuesday & Thursday7:00-8:00PM

Saturday Morning 9:30-10:30AM

Saturday Afternoon4:30-5:30PM

Family swim is fun for the whole family and is an excellent time to play. An adult must accompany children into the pool. Flotation aids and toys are allowed in the shallow end of the pool.

Friday Fun Nights

Fridays7:30-8:30PM

Spend your Friday nights at Meadowbrook Pool! Adults don't have to be in the water for this swim. Regular admission and height/age requirements apply. We expect good behavior by children swimming without supervision.

Public Swim

Monday*7:30-8:30PM

Friday**4:00-5:00PM

Saturday (w/lap lane).....1:30-3:00PM

This is a great swim for school age kids! Requirements: swimmers must be at least 6 years old, over 4 feet tall or accompanied by an adult into the pool. Not all float toys are allowed. *The deep end closes at 8:00PM. **There will be no public swim on Friday, Jan. 5 and 19 due to Seattle Schools swim meets.

WATER FITNESS CLASSES

Deep Water Exercise for Seniors

\$4.75 Adult/\$3.00 Sr. Adult

Mon/Wed/Fri 1:30-2:15PM

We call this “exercise that feels good.” Its a deep water class that uses resistance/flotation equipment.

High Energy Deep Water Exercise

\$4.75 Adult/\$3.00 Sr. Adult

Mon/Wed8:00-8:45PM

Saturday 8:30-9:15AM

This deep water class uses resistance/flotation equipment. Tone and strengthen those muscles without impact on your joints! Increase your endurance! Or speed recovery from an injury. This is a great class with great music.

Adapted Water Exercise

\$4.75 Adult/\$3.00 Sr. Adult

Tue & Thurs 1:30-2:30PM

Enjoy low impact aerobics to big band and classical music. This is great for folks wanting to stretch and move with comfort and assistance from the pool.

“Masters” and Triathlon Workout with Stroke Refinement training

\$4.75 Adult/\$3.00 Sr. Adult

Mon/Wed/Fri6:30-7:30 PM

We offer a structured, specialized, and fun workout focusing on stroke technique, aerobic conditioning, and open water swimming. If you are a first time triathlete or a lap swimmer who wants to take it up a notch, we will help you with your form and your stamina. If you are a seasoned masters swimmer, come get a challenging and engaging practice.

20/20/20

\$4.75 Adult/\$3.00 Sr. Adult

NEW!

Tuesday8:00-9:00PM

Kick start your week! We're breaking the hour down, starting with 20 min. of high intensity deep water conditioning, followed by 20 min. in chest deep water for low impact power moves and strength training and finishing it up with 20 min. in shallow water for more cardio, toning routines and stretching.

Combat Aqua!

\$4.75 Adult/\$3.00 Sr. Adult

NEW!

Thursday8:00-9:00PM

Don't let the name scare you! Combat Aqua is a new high energy shallow water class that offers a combination of water exercise moves with fun kickboxing choreography....and it's great for all exercise levels. Join us and this class will have you feeling like a champ in no time!

Mid-Winter Break February 20–24 Special Week of Swimming Activities

**Swimming is more than just doing laps or “playing on the diving board!”
If you’re ready for something a little different, we’re ready to teach you some
fun, exciting and rather different aquatic activities during the break.**

Inner Tube Water Polo • \$20.00

Class A Feb 20–22 Tues/Thurs #12666 5:30–6:30pm
Class B Feb 21–23 Wed/Fri #12667 4:00–5:00pm
Saturday Feb 24 Round Robin Tournament ... 10:30am–Noon
 Learn and play the exciting game of inner tube water polo! You’ll learn throwing, passing, shooting, teamwork and game strategies during the first 30 minutes and then spend the rest of the hour playing a real game. Choose either the Tue/Thurs or the Wed/Fri class and then save Saturday, Feb 24 for a Water Polo Round Robin Tournament.

Ages 8 and older. Ability: Youth Level 2 and/or comfortable and strong swimmer on back.



Aquanastics • \$20.00

Tues/Thurs Feb 20–22 #12668 3:00–4:00pm
Wed/Fri Feb 21–23 #12669 3:30–4:30pm
Synchronized Swimming Show on Saturday
Feb 24, 4:00–4:30pm, with a last minute rehearsal
from 3:30–4:00

If you like being under water, spinning around and learning new tricks, you’ll love learning what it’s like to do synchronized swimming! Even boys can take this “introductory” class and find out how much strength, skill and endurance it takes to do this sport. On Saturday afternoon there will be a short performance so participants can “strut” their stuff for friends and family.

Age: 8 and up. Ability: Youth Level 3 and/or treading water in deep end.

Swim Team Boot Camp • \$40.00

Feb 20–23, Tue–Fri #12225 10:00–11:00am
 Now enlisting! Our coaches (“Captains”) will shape you swimmers up! “Drill” away those winter break blues. We offer a fun swim team atmosphere with experienced coaches to help with strokes and dives. A week of training will be followed by a fun meet for all to participate. After “boot camp,” new recruits will be ready for the “reserves” (Swim Team Prep on Fridays) or “active duty” as a Meadowbrook Rocket Turtle in the summer. Buzz cut is optional! Train just like a real swim team, improve your strokes and feel good about your willingness to get out of bed and get in shape!

Ages 6 and up. Ability: Equivalent of Youth Level 3 or higher and can swim the length of the pool.

Springboard Workshop • \$20.00

Tues/Thur Feb 20–22 #12202 6:00–7:00pm
Wed/Fri Feb 21–23 #12203 4:30–5:30pm
 Hey kids! Get specialized springboard diving instruction during this four day crash course. The focus is on proper diving techniques for beginners to intermediates. We’ll have a Diving Exhibition on the final day with “judges” and awards!

Ages 10 and up. Ability: Youth can already do a front dive from the diving board.

Mighty-Mites Mini Swimmers • Feb. 20–23 • \$20.00

Red Team: Tues–Fri #13723 8:50–9:20am
Blue Team: Tues–Fri #13724 9:25–9:55am
White Team: Tue/Thurs #13725 6:00–7:00pm

Totally new! This swim team experience is just for 5 and 6 year olds! If your little swimmer has tons of energy, loves the water, and can swim the width of the pool, then this is going to be just what you’re looking for! Our experienced coaches know how to balance just the right amount of challenge and sensitivity to work with kids this age. Kids will work mainly on crawl stroke and backstroke technique and build endurance while swimming pool widths rather than lengths. On Friday, everyone will get to take part in a special “mini-meet” with ribbons and recognition for all!

Ages 5 and 6. Ability: Must be able to swim pool width (44') and be at least 4' tall

Special Events at

Meadowbrook Pool

If you're not wet, we're not happy!

Friday Fun Nights at the Pool

Spend your Friday nights here at Meadowbrook Pool! Every Friday evening from 7:30–8:30 we will have special swims that will offer fun for the whole family. Children swimming without adult supervision must be 6 years old or 4 feet tall. Good behavior is a must!

"All Comers" Swim Meet!

\$12.00 entry fee (3 individual events and 1 relay)
Friday, March 16.....6:30–8:30pm
Come one, come all to Meadowbrook's first ever all ages All Comers Meet. This meet is a fun and welcoming environment even if it's your first meet or one of many. We'll have warm-ups from 6:00 till 6:30, so bring the whole family down for a night of fun and excitement. Ages 6–100 welcome to compete!

We ♥ You!

Wed, Feb 14.....8:00–9:00pm

Join us for a special one hour Valentine's Day Water Workout with Tim "the Sweetheart" Ewings. This class is *only* for those so dedicated to their workouts that they would rather be *here* than anywhere else! Join us at the pool for candlelight, romantic music, a long-stemmed rose for each participant and refreshments.



SWIMMING LESSONS

Tot Lessons (birth to 4 years)

This series of lessons helps introduce you and your child to the swimming pool. The emphasis is on your child learning to relax and become comfortable in this new environment.

Family Lesson...great price!

For 2 adults and 2 children under 6 years of age. The whole family gets in on the safety and basic skills for swimming.

3 Year Old Lessons

These small classes with a certified instructor start your child off learning basic skills and water safety. We ensure a maximum 3:1 student to teacher ratio. Prerequisite: at least one session of Tots or Family Lessons.

Kinder Lessons

This class is designed to teach the basic skills of swimming and water safety to kids ages 4–5. This class helps build your child's confidence and provides a solid foundation for more advanced classes.

Youth Lessons

Our lessons have been designed by the American Red Cross to provide a thorough and structured progression of swimming skills for children ages 6–17. We have modified

these skills slightly in the earlier levels to be more challenging and to provide a smoother transition between levels. We use a station method of teaching which promotes more individual attention for all our students. And above all, we emphasize safety, fitness, and fun in our lessons!

If your child has not taken lessons before, please sign him or her up for the Level 1-3 time slot and we will evaluate your swimmer.

- **Level 1—Introduction to water skills:** getting comfortable with the face in the water and with floating and kicking on front and back.
- **Level 2—Fundamental aquatic skills:** front gliding and crawlstroke to turning over and kicking on the back.
- **Level 3—Stroke development:** crawlstroke, backstroke, treading water, and diving.
- **Level 4—Stroke improvement:** adds breaststroke, butterfly, and elementary backstroke to the previous skills.
- **Level 5—Stroke refinement:** adds sidestroke, and longer distances and more refinement of the previous strokes.
- **Level 6—Personal water safety:** increased mastery of form and endurance in all the strokes plus safety and rescue techniques.

Special Populations

We offer small or individualized classes for patrons

with special needs. We have comfortable pool lift and portable steps available for non-ambulatory patrons. **For additional Special Populations programs, please call 206-684-4950.**

One to One Swimming Lessons

One student: ½ hr. / \$25.00

Two students: ½ hr. / \$35.00

We offer private lessons Monday/Wednesday/Friday from 3:30–4:00PM; Fridays from 5:00–5:30PM; and Saturdays from 4:00–4:30PM. Sign up begins Thursday, December 14 at 6:00PM. Three (3) classes minimum required when signing up.

STARTING MONDAY, DECEMBER 4 REGISTER FOR LESSONS

You now have 2 different options

1. Register online; it's easy! Starting Monday, Dec 4 at 7am.

- Log into your SPARC account at www.seattle.gov/parks
- Browse for classes.
- Make class selections for yourself and your family.
- Pay by VISA, MasterCard or American Express.
- Print your online confirmation and receipt.

SWIMMING POOL LESSON SCHEDULE—WINTER 2007

SESSION 1	CLASS	DAY	TIME	SESSION 1 DATES	# OF LESSONS	FEE	COURSE NUMBER
	Tots	T	6:30–7:00PM	Jan 9–Feb 13	6	\$30.00	12226
		W	11:30AM–Noon	Jan 10–Feb 14	6	\$30.00	12227
		Th	6:30–7:00PM	Jan 11–Feb 15	6	\$30.00	12228
	Family	Sat	11:30AM–Noon	Jan 13–Feb 17	6	\$30.00	12206
	3 Years Old	M	5:00–5:30PM	Jan 8–Feb 12*	5	\$40.00	12179
		W	5:00–5:30PM	Jan 10–Feb 14	6	\$48.00	12180
		F	1:30–2:00PM	Jan 12–Feb 16	6	\$48.00	12181
	Kinders (4 and 5 Year Olds)	M	2:00–2:30PM	Jan 8–Feb 12*	5	\$25.00	12208
		M	4:30–5:00PM	Jan 8–Feb 12*	5	\$25.00	12209
		T	6:00–6:30PM	Jan 9–Feb 13	6	\$30.00	12210
		W	2:00–2:30PM	Jan 10–Feb 14	6	\$30.00	12212
		W	4:00–4:30PM	Jan 10–Feb 14	6	\$30.00	12213
		Th	6:00–6:30PM	Jan 11–Feb 15	6	\$30.00	12214
		Sat	10:30–11:00AM	Jan 13–Feb 17	6	\$30.00	12215
	Youth Levels 1–3 (6 years old and up)	M	4:00–4:30PM	Jan 8–Feb 12*	5	\$25.00	12232
		T	5:30–6:00PM	Jan 9–Feb 13	6	\$30.00	12233
		W	4:30–5:00PM	Jan 10–Feb 14	6	\$30.00	12234
		Th	5:30–6:00PM	Jan 11–Feb 15	6	\$30.00	12235
		Sat	11:00–11:30AM	Jan 13–Feb 17	6	\$30.00	12237
		Sat	3:30–4:00PM	Jan 13–Feb 17	6	\$30.00	12236
	Youth Levels 4–6 (Child must pass L3)	M	5:00–5:30PM	Jan 8–Feb 12*	5	\$25.00	12190
		T	6:30–7:00PM	Jan 9–Feb 13	6	\$30.00	12191
		W	5:00–5:30PM	Jan 10–Feb 14	6	\$30.00	12192
		Th	6:30–7:00PM	Jan 11–Feb 15	6	\$30.00	12193
		Sat	11:30AM–Noon	Jan 13–Feb 17	6	\$30.00	12194
	Lifeguard Readiness	M/W	3:30–4:00PM	Jan 8–Feb 14*	11	\$55.00	13721
	Swim Team Prep	F	3:30–4:00PM	Ongoing	drop-in	\$5.00	
	Diving	T	6:00–6:30PM	Jan 9–Feb 13	6	\$30.00	12200
		W	4:00–4:30PM	Jan 10–Feb 14	6	\$30.00	12201
	Special Populations	Sat	3:00–3:30PM	Jan 13–Feb 17	6	\$30.00	12223
	One on One	M/W/F	3:30–4:00PM	Jan 8–Feb 16*	3 lesson min	\$25 / per	
		F	5:00–5:30PM	Jan 12–Feb 16	3 lesson min	\$25 / per	
		Sat	4:00–4:30PM	Jan 13–Feb 17	3 lesson min	\$25 / per	
	Adults	W	7:30–8:00PM	Jan 10–Feb 14	6	\$30.00	12186
F		2:00–2:30PM	Jan 12–Feb 16	6	\$30.00	12187	

* Meadowbrook Pool will be closed in observance of Martin Luther King Day Jr., January 15 and President's Day, February 19. There will be no classes on these days.

2. Register in person beginning Dec 4 during Pool front desk hours, between 1:00–8:00PM.

- Payment MUST accompany registration.
- We will process registrations in the order we receive them.

If you would like to sign up for Special Populations Lessons or Private ("One to One") Lessons, please come to the pool in person starting Thurs, Dec 14, beginning at 6:00PM. Registration for all classes will continue until classes are full.

The Pro Parks Levy is Making A Difference in Your Community

With funding approved for this eight-year levy by Seattle voters in 2000, we're building new parks, enhancing maintenance, and expanding programs throughout the city. Our recreation facilities are providing innovative teen programs, **swimming lessons for all 3rd and 4th graders to make sure every Seattle child knows how to swim**, a wider range of activities for seniors, and more. Whether you prefer sports or quiet contemplation, there are more active play areas and passive park lands available for you. New things are happening every day, so keep an eye out for Pro Parks Levy signs in your neighborhood!

SESSION 2	CLASS	DAY	TIME	SESSION 2 DATES	# OF LESSONS	FEE	COURSE NUMBER
	Tots	T	6:30–7:00PM	Feb 27–April 3	6	\$30.00	12229
		W	11:30AM–Noon	Feb 28–April 4	6	\$30.00	12230
		Th	6:30–7:00PM	March 1–April 5	6	\$30.00	12231
	Family	Sat	11:30AM–Noon	March 3–April 7	6	\$30.00	12207
	3 Years Old	M	5:00–5:30PM	Feb 26–April 2	6	\$48.00	12182
		W	5:00–5:30PM	Feb 28–April 4	6	\$48.00	12184
		F	1:30–2:00PM	March 2–April 6	6	\$48.00	12185
	Kinders (4 and 5 Year Olds)	M	2:00–2:30PM	Feb 26–April 2	6	\$30.00	12216
		M	4:30–5:00PM	Feb 26–April 2	6	\$30.00	12217
		T	6:00–6:30PM	Feb 27–April 3	6	\$30.00	12218
		W	2:00–2:30PM	Feb 28–April 4	6	\$30.00	12219
		W	4:00–4:30PM	Feb 28–April 4	6	\$30.00	12220
		Th	6:00–6:30PM	March 1–April 5	6	\$30.00	12221
		Sat	10:30–11:00AM	March 3–April 7	6	\$30.00	12222
	Youth Levels 1–3 (6 years old and up)	M	4:00–4:30PM	Feb 26–April 2	6	\$30.00	12238
		T	5:30–6:00PM	Feb 27–April 3	6	\$30.00	12239
		W	4:30–5:00PM	Feb 28–April 4	6	\$30.00	12240
		Th	5:30–6:00PM	March 1–April 5	6	\$30.00	12241
		Sat	11:00–11:30AM	March 3–April 7	6	\$30.00	12243
		Sat	3:30–4:00PM	March 3–April 7	6	\$30.00	12242
	Youth Levels 4–6 (Child must pass L3)	M	5:00–5:30PM	Feb 26–April 2	6	\$30.00	12195
		T	6:30–7:00PM	Feb 27–April 3	6	\$30.00	12196
		W	5:00–5:30PM	Feb 28–April 4	6	\$30.00	12197
		Th	6:30–7:00PM	March 1–April 5	6	\$30.00	12198
		Sat	11:30AM–Noon	March 3–April 7	6	\$30.00	12199
	Fitness Swimmer	M/W	3:30–4:00PM	Feb 26–April 4	12	\$60.00	13720
	Swim Team Prep	F	3:30–4:00PM	Ongoing	drop-in	\$5.00	
	Diving	T	6:00–6:30PM	Feb 27–April 3	6	\$30.00	12204
		W	4:00–4:30PM	Feb 28–April 4	6	\$30.00	12205
	Special Populations	Sat	3:00–3:30PM	March 3–April 7	6	\$30.00	12224
	One on One	M/W/F	3:30–4:00PM	Feb 26–April 6	3 lesson min	\$25 / per	
		F	5:00–5:30PM	March 2–April 6	3 lesson min	\$25 / per	
		Sat	4:00–4:30PM	March 3–April 7	3 lesson min	\$25 / per	
	Adults	W	7:30–8:00PM	Feb 28–April 4	6	\$30.00	12188
		F	2:00–2:30PM	March 2–April 6	6	\$30.00	12189

Rentals at Meadowbrook

RENTALS AT MEADOWBROOK COMMUNITY CENTER

Meadowbrook Community Center has many rooms to choose from to match your needs! We are the hot spot for rentals! Our rooms are ideal for meetings, parties, large gatherings, or any special occasion. Please call 684-7522 for more information, including space availability and fees.

Multipurpose Room-Small.....\$25 per hour

Multipurpose Room-Medium.....\$35 per hour

Multipurpose Room-Large.....\$45 per hour

Kitchen\$35 per hour

**Gymnasium.....\$25 per hour for athletic use
\$100 per hour for non-athletic use**

\$15 Non-refundable booking fee for rentals.

\$250 Refundable damage/cleaning deposit.

\$60 Non-refundable alcohol fee.

\$500 Refundable damage/cleaning deposit for rentals with alcohol.

Effective immediately, we require that for all events held in Seattle Parks and Recreation facilities at which alcohol is served, the renters must have \$1 million in Commercial General Liability coverage. If alcohol is being sold, the renters must have \$2 million in Liquor Liability.

\$17 per hour Staff fee for all rentals during non-operating hours and Saturdays.

\$25.50 per hour Staff fee for rentals on holidays.

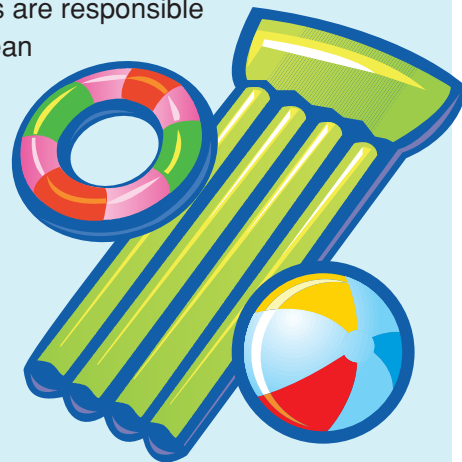
One hour (\$17) Staff fee will be added to total hours. Staff need to enter building half an hour prior and leave half an hour after the rental. Rentals with alcohol and/or more than 75 people require 2 staff.

Two weeks advance notice and full payment are required to reserve a room.

POOL PARTIES

Super Deluxe Pool Parties... You bring the kids and the cake, we'll do the rest! Our most popular package for 10 kids includes pool games and water fun for one hour and an hour lobby party with help from our "party guards," really cool goodie bags, table cloths, party plates, napkins, forks and a juice box for each child. Cost is \$203. Additional participants are only \$8 per child. **Times offered: Saturdays after 6:30 or Sundays beginning at 12:00 Noon.**

Do-it-yourself Parties... Prices start at \$143 for a one-hour party for 30 kids or fewer. This price includes two certified lifeguards and 15 min. showering time at the end of your swim. Our most popular party is \$189 for a one-hour in the pool and a one-hour lobby party for 30 kids or fewer. This includes use of tables and chairs and various pool toys. Users are responsible for their own clean up. **For more information, please come by or call 684-4989 between Noon-8:00PM, Monday-Friday.**



Meadowbrook Community Center
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Seattle WA 98125
(206) 684-7522

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